# **Hood's Cures**



"I was troubled with terrible pain in my

THE VEGETARIAN CREED.

Why Its Professors Believe In a Bill of

Fare Without Meat.

the idea that it is inspired by pietism, reli-

rational vegetarianism of today is entirely

scientific and dictated by the sole desire to

follow a system conforming to the laws of

nature. It has science on its side, and only

the force of habit is opposed to it. The muscles become soft, the size diminishes,

humanity degenerates and is kept in work-

fug order only by sedatives and tonics. The

numerous maladies of the stomach and the

futestines, from simple catarrh to the most

serious diseases of the organs, are often due

to our appetite for meat and other stimu-

Vegetarianism, we are told by Dr. Bon

nejoy, does not consist solely in vegetable food, but is based on three dietetic axioms.

The general rebuilding power lies in ce-

reals, seeds, vegetables, tubers, fruits, eggs,

milk and the derivatives. The food, the

air and in general everything that is intro-

duced into the body should show absolute

purity, freshness and entire absence of fal-

sifications, mixture and adulterations even

in the smallest quantities. It is necessary,

as far as may be possible, for each one to

manufacture his foods and drinks at home

These are the principal dogmas of the

orous nature of man. His intestinal canal

is also a proof. In the lion this is three

times as long as the body; in man, seven

meat contains but three of these, while the

for, as Moleschott has said, without phos-

phorus there is no thought. That phos

most double the quantity contained in ani-

that meat give the rose color to the cheeks

and lips must be shown their error, for, as

Professor Mussa has shown, the amount of

iron oxide contained in the vegetables is

However, vegetarianism is not too pre-

sumptuous with regard to its wonderful

powers. Its doctrines demand at the same

Matchmaking Frenchwomen.

promptly deserted her.

A short time after, when making her din

"Ah," exclaimed her hostess, "I felt sure

An Electric Stump Puller.

of belting and suitable gearing the motor

Tribune.

much greater than that found in meat.

The human body is a machine which, to

or eight times as long.

in order to reach the desired results.

One of the causes which have led people

tainly never see 35 again, but the glamour of Cupid's influence seemed for the time D. M. Rose being to have obliterated all considerations of age, and the happy couple were "billing and cooing" in the most approved style. back and also had kidney difficulty. "Oh, not for a long time yet," said the For 27 Years I Suffered. lady coyly, calling up a most becomir blush to her sallow features. I took Hood's Sarsaparilla and began to get "Shall we say next week?" suggested her better. I have not had an attack since I beover, with all an ardent swain's impagan to use it. I was also cured of catarrh

tience. in the head and am now in good health." D. M. Rose, Denison, Iowa.

"Good gracious, no! Next year, more likely," with a little laugh.
"What? Wait a whole year? Not me. Hood's Pills act easily, yet promptly and efficiently, on the liver and bowels. 25c.

And love thy life should be

A BRIDAL TRIP.

The speaker was a man who had passed

the prime of life, and the lady would cer-

"And when shall it be, my dear?"

Oh, let love's shadow, grief,

vas the emphatic if ungrammatical reply. And while the point is being argued let me briefly introduce the hero and heroine of my story.

Place aux dames! Miss Eliza Reed, only daughter of a village parson, had been an orphan for some 20 years, during which time she had resided in the town of Battlemoor, occupying a small villa in the outto reject the doctrine of vegetarianism is Here, with one maidservant, she lived comfortably on an income of some 200 gious convictions and monastic mortifica-tion. But this is a grave error, for the year, derived from the savings of the deeased parson, her father.

Mr. George Grant, the gentleman whose impatience she is trying to curb, having levoted 30 years of his life to the pushing of an oil and color business in the Old Kent road, has recently retired from business and purchased a small place in Battlemoor, where, meeting Miss Reed at one of the "small and early" gatherings for which the elite of the place are famed, he straightway fell in love with her—or, as the gossips asserted, with her fortune. For the ex-oil and colorman had only amassed a few thousands, which gave him a yearly income very little exceeding that of the lady, and is possible that the increased comforts to be derived from a union of resources had quite as much to do with the engagement s the "union of hearts," which is supposed

to influence such arrangements.
"Then that's settled," remarked Mr Grant at length, after some 10 minutes' discussion; "the first Tuesday in September, that will give you nearly two months for preparation. And, now, where shall we go or our honeymoon?"

"Oh, what a man you are, to be sure!" exclaimed the lady, with another successful

vegetarians. Man is not intended to eat "Well, we must go somewhere, I sup-ose," was the matter of fact rejoinder. "I meat. His jaw is made to grind grains and fruits. His hands are made to gather think a week or two at Margate would be them. The Darwinian theory does not perjust the thing." mit us for an instant to doubt the frugiv "Margate! that vulgar place!" Miss

Reed was leader of the genteel set in Bat "Why, you must be joking, George. No. Let us have a quiet week in Paris, away from everybody. Everything s so cheap in France, you know, and we be kept in good working order, should be nourished according to scientific rules and do not want to begin extravagantly, do we? George Grant was rather staggered. He not at the desires of our fancies. Four had always heard that Paris was the very classes of substances are necessary for the maintenance of life—the albuminoids, the reverse of a cheap place to stay in. In hi heart he would much have preferred the carbohydrates, the fats, the minerals. Now, homely if vulgar Margate, and he offered some faint opposition to the plan, but it was of no use. He had had his way about vegetables contain all four. Vegetable food is also necessary for our intellectual life, the date of the marriage; his fiances secured hers about the locale of the honeymoon, and before the loving couple separated that phorus contained in vegetable food is alevening it was agreed that the first week or two of their wedded life should be spent in two of their weital. mal food. But these are not all the advantages of vegetarianism. Those who believe

It was the morning of the third day of the honeymoon, and Mr. and Mrs. Grant were seated at breakfast at their hotel, Lion d'Or, a hotel in the Batignolles quarter A shrewd business man, George Grant hac made one or two inquiries from a friend who was used to continental traveling, and had put up at a third rate but fairly com

fortable and very economical hostelry. time the constant and intelligent practice of all sorts of hygienic rules. It calls to its aid pure air, light, heat or cold, water, "Not a bad place, this, my dear," he re marked, as he helped himself to another

exercise and, commencing with alcohol, the condemnation of all stimulants. In "And really not expensive," returned his wife, with prudent satisfaction. "Now, we will do a little shopping this morning, and these conditions it is difficult to say which would prove more beneficial, the renuncia-tion of meat or the application of a well understood hygiene. It is, however, indisyou had better let me carry the purse. George, dear. It looks so stupid for a man to have to pay for everything." putable that vegetarianism, at its best,

Rather reluctantly her husband consent-ed, but with the old business habits, he excomprises in its accessories many things which make it worthy of general sym-pathy.—Dr. de Neuville in Review of Reamined the contents of the purse before handing it over.

"There you are, Lizzie—there's four fivers and four louis. Mind you make them give you the right money for the notes—that is, if you have to change them. They are It is amusing to see how thoroughly a Frenchwoman is a natural matchmaker, worth more than gold, you know." and how she supposes that the search for a "bon parti" must be ever uppermost in the

"Oh, I will take care of that," was the reply. "Though I don't suppose I shall want to spend more than 3 or 3 louis." mind of a properly regulated young woman. At a dinner in Paris given by a hostess Mentally, George Grant rather doubted noted for tact and elaborate entertainments this estimate of the cost of a morning's shopping. But it turned out to be correct.

They entered numerous magasins, but the high prices of every article offered for the pretty woman, convoying a tall youth, fluttered up to an American girl, saying, "Allow me to present Monsieur N., Miss X.; he is to have the pleasure of taksale quite alarmed the prudent couple, and ing you out to dinner"—adding in a quick little "aside" behind her fan—"He is worth 10,000,000 francs, my dear." At the table after several hours' wandering, sampling and pricing, they had only purchased some 40 francs' worth of things, chiefly presents

Miss X, discovered her escort to be uninter-esting, while her other neighbor, Monsieur for friends in Battlemoor. Then came lunch at a Palais Royal res-taurant—2 francs a head, vin compris et T., proved to be most sunsing, though a middle aged, plain little man. To him she devoted herself throughout the dinner, continuing the conversation afterward in the drawing room, where the neglected Crossus pain a discretion. And then, feeling rather tired, Mr. and Mrs. Grant took a Batignolles omnibus, which landed them within a short distance of their hotel. They had left the vehicle and were approaching the Lion d'Or, when the lady suddenly exclaimed: ner call, the American girl remarked to her hostess that she had found Monsieur T.

ner call, the American girl remarked to her hostess that she had found Monsieur T. such a clever man.

"Oh, yes, quite a clever little man. But what did you think of Monsieur N." inquired madame.

"He was rather young, and there didn't took refuge in the relief of her sex—a flood "He was rather young, and there didn't

seem to be anything particularly interest-ing about him," replied Miss X., hoping to excuse her evident neglect of her escort at "Here, don't make a show of yourself in the street," said her bushand somewhat brunquely; "come on to the hotel." Arrived at the Lion d'Or, Mr. Grant re

ported his less to the proprietor, who at once advised an application to the police of the arrondissement. But here all the obstinacy of the Briton came to the front. It was Mr. Grant's opinion that the police of all and every country were rank idiots as when I saw how little he interested you that you did not hear me tell you that he was worth 10,000,000 franca."-New York all and every country were rank idiots as far as detection of crime was concerned. He believed in advertising his loss with a Space for a fort on a hill near London is being cleared of tree stumps by an electric root grubber or atump puller. The dyna-mo for aupplying the current is about two miles from the hill. The current is taken by overlead wires on telegraph poles to the motor on the grubber carriage. By means of beltices and mitching the

"This is how I look at it," he said dog-"This is how I look at it," he said dog-gedly. "That purse is either lost or stolen. If it is lost, there is just a chance that an honest person will find it. If so, an ad-vertisement is the thing. If it is stolen, the thieves are sure to see the papers, and the reward will be nearly as much as they would get from a receiver for the stolen notes." drives a captain upon which are coiled a few turns of wire rope. A heavy chain is attached to the tree roots, and as the rope exerts its force the roots come up quietly one after the other.—New York Telegram.

Accordingly, armed with a fresh supply

of money from his dressing case, Mr. Grant GOOD WILL BE IN THY HEART. took a flacre and went around to the offices of the principal newspapers, in each of Good will be in thy heart which was inserted an advertisement offer To all who thee surround! Bear baim to other's hurt And this shall close thy wound; ing a reward of 125 francs for the return of a purse lost in a Batignolles omnibus that afternoon. This done, he returned to the So thou on earth and I hotel, mingling his attempts to console his In heaven be closer bound. For all my life is love, sorrowful bride over her loss with very

women in general.

On, let love a shadow, greet,
Divide not thee and me:
Look where the dawn rose blooms,
And there my signal see,
—Edith Thomas. Breakfast was still on the table on the following morning when the eleck, closely cropped waiter ushered two strangers into the salon occupied by the Grants. "Something about ze purse, m'sieur," he

said, with a broad grin. One of the newcomers advanced, and with a light bow said in fairly good Eng-

'My friend here, m'sieu," and he waved his hand toward his companion, "ees a commis, vot you call a clerque, and he vas in ze omnibus last afterzenoon vhe : he see you and your so charming dame"-another bow to Mrs. Grant. "Aftaire you are go out he find ze purse on ze floore of ze omnibus. 'E get out immediatement, but he not see vich vays you go. Zis morning he see your announce. He not spik Eengleesh, and I

come vis eem to interpet."
"You're a couple of honest fellows," ejac ulated George Grant impulsively. The interpreter conveyed the remark in French to his companion, and both bowed again. Then the purse was handed to Mr. Grant, who, opening it, counted four £5 notes and some loose gold—about 30 francs.

"Here's the promised reward," he said, holding out one of the notes. The Frenchman said something rapidly

to his companion, who at once remarked:
"Ah, sat ess so, monsieur! You can yet lozzer favor do 'eem. 'E say zat eet ees deefecult for 'eem to make ze change of an English note. Could you be so very good to make 'eem ze little present in ze French monaies!"

'Oh, certainly, certainly," said Mr. Grant, and going into the adjoining bed room he quickly returned with 6 louis and a 5 franc piece, which the honest finder of the purse received with every sign of satisfaction. More bows, more interpreted ex-pressions of gratitude and compliments to and to his "so charming dame," and the visitors go out.
"There, now, Lizzle. What did I tell

you?" was George Grant's triumphant ex-clamation as the door closed, "That's more than all their elever police would have done in a lifetime. And now I'il tell you what we'll do to celebrate our good luck. We ain't neither of us had much appetite for breakfast this morning. Now, put on your things, my dear, and we'll go down to Tor tonl's and 'ave a slapup feed, and just for once a bottle of cham, eh?"

The breakfast at Tortoni's was a success Everything from the delicate pawns and colden butter with which the meal com menced down to the demitasses with which t concluded was perfection, and George Grant sighed a sigh of satisfaction as he swallowed the last drep of his coffee. English speaking waiter brought the bill with a smile and a flourish, only 42 francs 40 centimes.

"You can change a £5 note, I suppose!" asked Mr. Grant as he drew forth the recovered purse.

"Certainly, m'sieu," was the man's reply as he took the note, but he was a very long time bringing the change. There was an animated discussion at the comptoir; then the waiter, accompanied by the proprietor, approached the little table where the Grants were seated.
"This is a bad note, sir; what you call a

forgery," said the waiter coolly.

"A what?" cried George Grant indig-nantly. "A bad note? Come, that is a good Still here is another, if you don't like that," and again producing the purse he selected at random one of the three fives remaining in it. But as he did so his face blanched. It was a "flash" note, and a very poorly executed one too. So were the other two. And suddenly it dawned upon his brain that the honest visitors of the morning were two clever thieves, who had not only secured the original booty, but had actually obtained good French gold for one of their own forged substitutes.

How the indignant proprietor of Tor-toni's called in a couple of gendarmes and gave the astonished pair into custody on a charge of attempting to pass false money, how they were conducted to the nearest po lice station; how poor Lizzie Grant prompt ly fainted en route thereto; how her hus-band raved and threatened every official with dire retribution for the insult to an Englishman; how they were locked up for 24 hours and only released on production of indisputable proof of identity and no end of "badgering" from the police officials space will not permit me to record. Suffice it to say that within a dozen hours of being set free Mr. and Mrs. Grant were crossing the silver streak in the direction of Albion's white cliffs, and that were they to live to the age of Methuselab nothing would ever tempt them to visit that "awful Paris" again.—Exchange.

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what a comfort it is to have ready at hand a remedy that never fails to relieve Constipation, and that, without pain or discomfort; and almost immediately cures headaches, and dispels every symptom of Dyspepsia. Such a remedy is found in Simmons Liver Regulator-not a sweetened compound to nauseate, or an intoxicating beverage to cultivate an alcoholic appetite, but a medicine

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#### SMITH BROS.,

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One morning Mr. Alcott was breakfasting

in Boston, when the hell rang, and a stranger sent in word that he wished to see him "Mr. Alcott." said the man when they met, "you do not know men and will be surprised to learn why I have called upon you. I am in business here and am very much in want of \$5, which I will repay as

soon as I can. Will you lend it to me?"

Here, thought Mr. Alcott, was an oppornatural comment on the carelessness of tunity of testing his favorite theory of human nature that all men may be trusted. He took out his pocketbook instantly. "I have no \$5 bill," said he, "but here is

870. Take this." The man looked surprised, but accepted the money and went his way. His creditor name, and was for months incessantly raltied by his friends, who would inquire when he expected to be repaid. More than six months afterward, at the same hour of the

day, the man appeared again, saying:
"Mr. Alcott, I haven't forgotten that you
lent me \$10 when I only wanted \$5. I have called to pay you, and I wish you would

add the interest."

This the creditor declined to do, but received his principal and suffered his debter to go away again without asking his name. Some weeks afterward he told the story in a Boston counting house and learned on de scribing the appearance of his visitor that he was a notorious confidence man who, in this instance, had apparently found the simple trust of the philosopher too much for even his professional villainy to with-stand.—Youth's Companion.

The Delicious Heliotrope.

For its delicious fragrance and choice colors, the heliotrope has become one of the most popular pot plants. Not only is the heliotrope a universal favorite for indoor decoration, but it has become deservedly popular as an outdoor decorator, as a border plant, or, when properly trained, specimen plant. Potted in fibrous soil and given plenty of water, with an occasional dose of iquid manure water, the heliotrope may be made to bloom in the house the year round. As the heliotrope is not an erect grower, a better form and shape may be given to the plant by tring it to a trellis and growing it to the required size. If a bushy plant is desired, it may be pinched in until the required shape is obtained. As the roots of the heliotrope grow close and compact, it will require a generous supply of water-in fact, it is best to saturate the whole ball of soil thoroughly. A weak liguid manure may be applied twice each week as a stimulant, both for plant food and water.—Philadelphia Ledger.

Literary Restrictions In Turkey. In speaking of the restrictions on imported literature in Turkey, the Rev. Dr. F. E. Clark says: "Some of these objections to current literature are silly and puerile enough. A textbook on chemistry was recently forbidden becaused it con-tained the familiar formula 'H9O,' which was construed by the sapient censor to mean Hamid II (the reigning sultan) is nothing. A geographical textbook, which naturally contained allusions to 'the union of rivers," was condemned because the sultan does not wish his people to know any thing about union or combination, while a treatise on natural history was forbidden because in its chapter on starfishes it was supposed to contain some occult allusion to the sultan's palace, which is named the Star."—Chicago Tribune.



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Passenger and Freight Rates always the reast For information apply to Messers, HULMAN&Co., Freight and Ticket Agents 200 and 202 Front street, Portland, Or., or C. O. HOGUE, Act Gen'l Ft. & Pass. Ag'., Or Pacific B. R. Co., Corvalite, Or. C. H. HASWELL, jr., Gen'l Freight and Pass. Agt. Ore Bevelopment Co., 204 Montgomery St. Do you wear them? When next in need try a pair.

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THROUGH TICKETS To all points in the Eastern States, Dausda and Europe can be obtained at lowest rotes from W. W. SEINNER, Agent, Salem. E.P. ROGERES, Asst. G.F. and Pass, Ag't H. ECEHLEH, Manager

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